

Fiber One Wild Blueberry & Oats

Nutritional Facts	
Serving size 1 Muffin (65g)	
Amount per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 200mg	8%
Total Carbohydrate 33g	11%
Dietary Fiber 7g	28%
Sugar 16g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Potassium	Less than	3,500 mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Wheat Flour, (Whole Grain Wheat Flour, Enriched Bleached Wheat Flour, (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Water, Sugar, Eggs, Blueberries, Inulin (Natural Chicory Fiber), Apples, Soy Oil, Invert Sugar, Oats, Oat Fiber, Modified Corn Starch, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Natural and Artificial Flavor, Whey, Potassium Sorbate (Preservative), Emulsifiers (Mono and Diglycerides, Sodium Stearoyl Lactylate), Salt, Wheat Gluten, Glucose Syrup, Dextrose, Fiber (Rice, Carrot and/or Apple), Gum Blend (Xanthan, Guar), Nut Blend (Almonds, Cashews, Coconut, Macadamias, Walnuts).

Topping: Barley Flakes, Sugar, Wheat Flour, Corn Flour, Dextrose, Soybean Oil, Wheat Starch, Natural and Artificial Flavors, Salt

Allergen Information:

Contains Wheat, Eggs, Milk, Soy, Almonds, Cashews, Coconut, Macadamias and Walnuts.